

**AMENDMENTS TO THE CLAIMS:**

Amend the claims as follows:

Claims 1-10. (Canceled)

11. (new) A method for preventing or treating oxidative stress, linked to the over consumption of sugars, comprising the administration of food preparations, functional foods, or pharmaceutical compositions containing prebiotics.

12. (new) The method of claim 11, wherein the prebiotics are at least one oligosaccharide chosen from: fructans, fructooligosaccharides (FOS), galactooligosaccharides, xylooligosaccharides, soybean oligosaccharides, gentiooligosaccharides, and isomaltooligosaccharides.

13. (new) The method of claim 12, wherein the fructooligosaccharides (FOS) is selected from general formula

Glucosyl-(Fructosyl)<sub>n</sub>-Fructose, or

from general formula

(Fructosyl)<sub>m</sub>-Fructose

where n represents an integer from 1 to 8, and m represents an integer from 1 to 8.

14. (new) The method of claim 13 wherein n represents an integer from 1 to 5.

15. (new) The method of claim 13 wherein m represents an integer from 1 to 5.
16. (new) The method of claim 13 wherein the FOS is a short-chain FOS selected from the group comprising 1 -kestose, nystose and fructosylnystose.
17. (new) The method of claim 11, wherein the sugars include fructose.
18. (new) The method of claim 17, wherein the consumption of fructose in food is greater than about an average of 50 g/day.
19. (new) The method of claim 11, in which said prebiotics are administered at a daily dose of about 1 g to about 20 g.
20. (new) The method of claim 19 wherein the daily dose of prebiotics is about 2 g to about 17 g.
21. (new) The method of claim 19 wherein the daily dose of prebiotics is about 5 g to about 15 g.
22. (new) The method of claim 11, wherein the prebiotics act as compounds with an anti-radical effect.

23. (new) The method of claim 11, wherein the prebiotics act as compounds with an anti-ageing effect linked to an effect which protects the cells of the organism against the action of free radicals.

24. (new) A food preparation comprising a mixture of fructooligosaccharides (FOS), comprising 64% Glucosyl-(Fructosyl)<sub>n</sub>-Fructose and 36% (Fructosyl)<sub>n</sub>-Fructose, with average degrees of polymerization of 4.8, the proportion by weight of said FOS present in said preparation varying between 10% and 100% relative to the quantity of fructose present in said preparation.

25. (new) A food preparation according to claim 24 wherein the proportion of said FOS in the preparation is comprised between about 15% to about 35% relative to the quantity of fructose present in said preparation.

26. (new) A food preparation according to claim 24 wherein the proportion of said FOS in the preparation is comprised between about 20%, relative to the quantity of fructose present in said preparation